



Reproducibles



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Healthy Eating	<ul style="list-style-type: none"> • Eat Right for a Healthy Heart • Snacks Like These Are Okay • Find the Foods 	<ul style="list-style-type: none"> • Stay Young at Heart Menu • Dining Out—How to Choose • Foods in the Fast Lane • Putting Heart Healthy Eating Habits Into Play 	<ul style="list-style-type: none"> • Heart Healthy Eating Plan • Help Your Family to Better Heart Health • Cooking the Heart-Healthy Way • Shop to Your Heart's Content • Dining Out—How to Choose • Stay Young at Heart Menu
Physical Activity	<ul style="list-style-type: none"> • Get Moving Fast 	<ul style="list-style-type: none"> • Physical Activity and Heart Disease IQ • Get Physical • Guide to Physical Activity 	<ul style="list-style-type: none"> • Help Your Family to Better Heart Health • Physical Activity and Heart Disease IQ • Guide to Physical Activity
Obesity & Overweight		<ul style="list-style-type: none"> • Check Your Weight and Heart Disease IQ 	<ul style="list-style-type: none"> • Guidelines on Overweight and Obesity • Check Your Weight and Heart Disease IQ • Heart Healthy Eating Plan
High Blood Pressure		<ul style="list-style-type: none"> • Healthy Heart IQ • High Blood Pressure Prevention IQ 	<ul style="list-style-type: none"> • Healthy Heart IQ • High Blood Pressure Prevention IQ
High Blood Cholesterol		<ul style="list-style-type: none"> • Healthy Heart IQ • Cholesterol and Heart Disease IQ 	<ul style="list-style-type: none"> • Tips to Help Older Americans Control Cholesterol • Healthy Heart IQ • Cholesterol and Heart Disease IQ

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Healthy Eating



Eat Right

for a Healthy Heart

The foods you eat play a big part in keeping your blood cholesterol level low or high. It depends on the choices you make. Foods low in fat and cholesterol are good choices.

A type of fat, called saturated (SACH-uh-rate-id) fat, can really make your blood cholesterol go up. So can the cholesterol you eat. Cholesterol is not the same as saturated fat. A food can be low in cholesterol but high in saturated fat. Choosing foods low in saturated fat and cholesterol is important. This will help you lower your blood cholesterol level. And, this may help prevent heart problems when you get older.

FOODS HIGH IN SATURATED FAT

- ☹ Fatty cuts of beef, pork, and lamb, like hamburger and ribs
- ☹ Butter
- ☹ Whole milk and cream
- ☹ Most cheeses
- ☹ Ice cream
- ☹ Many cakes, cookies, and pies

FOODS HIGH IN CHOLESTEROL

- ☹ Egg yolks
- ☹ Liver

For a Healthy Heart:

- ♥ You can eat right.
- ♥ You can get plenty of exercise.
- ♥ Do not start smoking.

Build a **Balanced Diet**



“Diet” means the foods you eat most often.

A healthful diet is a balanced diet which is low in saturated fat and cholesterol. A balanced diet has the right amount of calories (KAL-uh-reez) and nutrients (NEW-tree-unts) your body needs. Calories provide you with energy to grow and move around. Fat of any kind provides more calories than any other nutrient. So you have to be careful not to eat too much. Other nutrients found in food are protein, carbohydrate (starch and sugars), vitamins, and minerals.



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Do you know what a balanced diet looks like?

The foods in A, B, and C below are low in saturated fat and cholesterol. Which of these do you think provide all the nutrients you need in one day?

- A.** Toast and fat-free milk
- B.** A baked potato and baked chicken leg
- C.** Lots of spinach
- D.** None of the above

The answer is D. No one food can give you all the nutrients your body needs. Even two foods, like those in A and B, do not give a balance. You need to eat a variety of foods every day.

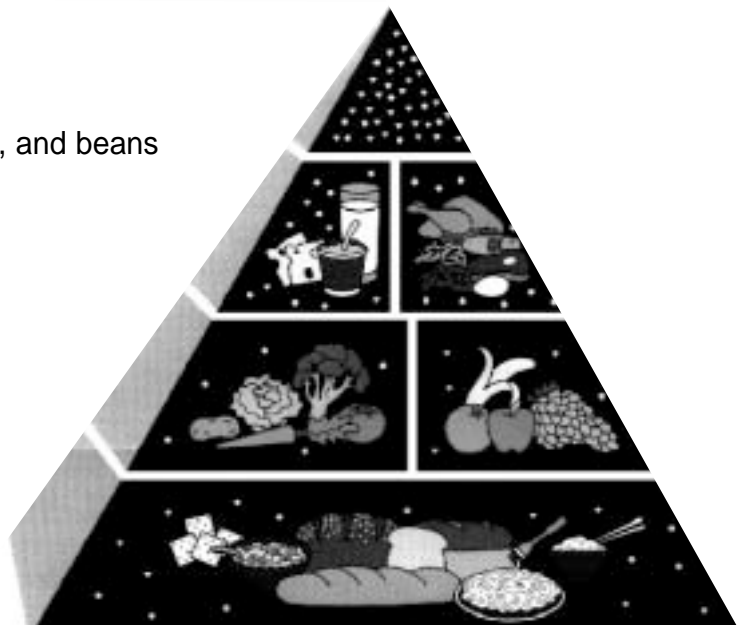
Foods can be put in groups. Each group provides different kinds of nutrients.

- ♥ Meat, poultry, and fish
- ♥ Milk and dairy products
- ♥ Breads, cereals, pasta, rice, dry peas, and beans
- ♥ Vegetables
- ♥ Fruits

To build a balanced diet:

Eat a variety of foods from each food group.

Choose those foods lower in saturated fat and cholesterol.

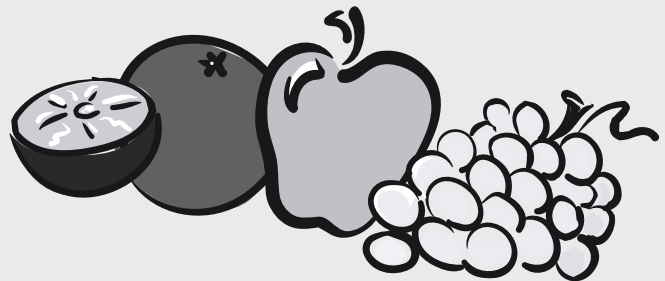


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Snacks Like These Are Okay!

- ☺ Fruit juices, drinks, punches
- ☺ Fat-free or 1% milk
- ☺ Frozen desserts like sherbet, sorbet, fruit ice, popsicles, ice milk, frozen yogurt
- ☺ Flavored low-fat yogurt, plain or with fruit
- ☺ Animal crackers, graham crackers
- ☺ Homemade cookies, cake, muffins, pudding made with less saturated fat and cholesterol
- ☺ Gingersnaps, fig bar cookies
- ☺ Angel food cake
- ☺ Candy like candy corn, gumdrops, hard candy
- ☺ Gelatin
- ☺ Canned, fresh, or dried fruit
- ☺ Vegetable sticks
- ☺ Air-popped popcorn
- ☺ Pretzels
- ☺ Peanut butter in celery sticks



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Find The Foods!

Look at the snacks in the list. Can you find these 11 snack foods in the picture? They are low in saturated fat and cholesterol. Color them after you find them.



- 1** Cold cereal with fat-free milk
- 2** Toast with jam or jelly
- 3** Popcorn
- 4** Popsicles or fruit slush
- 5** A bowl of fresh fruit
- 6** Flavored low-fat yogurt
- 7** Celery stalk filled with peanut butter
- 8** Peanuts in a shell
- 9** Fruit juice
- 10** Homemade muffin
- 11** Peanut butter spread on crackers



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Stay Young at Heart

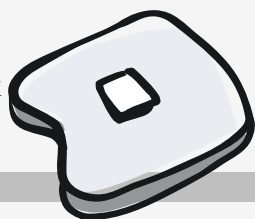
HERE ARE SOME MENU ITEMS TO CHOOSE AND SOME TO DECREASE FOR EACH MEAL.

Menu

BREAKFAST

CHOOSE:

Egg substitute
Hot or cold cereal
Toast with margarine and jam
English muffin or bagel with nonfat cream cheese
Fruit or juice
Fat-free or 1 percent milk
Canadian bacon



DECREASE:

Egg yolks, any style
Fried potatoes
Bacon or sausage
Biscuit, croissant, or sweet roll
Whole milk



LUNCH

CHOOSE:

Salad (with dressing on the side)
Regular-sized hamburger (hold the mayo)
Turkey, chicken, lean ham, or roast beef sandwich (hold the mayo)
Broth-based soups
Low fat or nonfat cottage cheese or yogurt with fresh fruit

DECREASE:

Deluxe sandwiches
Hot dogs or sausage
Breaded and fried chicken or fish
Cream-based soups
French fries, onion rings, or chips

DINNER

CHOOSE:

Pasta with low-fat sauce, such as marinara
Grilled or broiled fish or skinless chicken
Lean steak, trimmed of fat
Vegetarian entree (little or no cheese)
Baked potato with a little margarine or nonfat yogurt
Vegetables, plain
Low-fat desserts like fresh fruit, sorbet, sherbet, ice milk, or nonfat frozen yogurt

DECREASE:

Prime rib or untrimmed steaks or chops
Fried chicken
Cream sauces or gravies
Rich desserts, such as cake, cheesecake, or tortes



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